

## Cretin-Derham Hall Dance Team – Code of Conduct

As a member of the Cretin-Derham Hall Dance Team, you will be expected to know and follow the rules and guidelines set down for you. Please study these guidelines and ask your parents to read them. It is important for you and your parents to know what is expected of you.

We are determined to make this another **GREAT** year and with your help we can!

We will have a few rules. When establishing the rules for our team, we ask three questions:

- Will it make you a better person?
- Will it make you a better student?
- Will it make you a better dancer?

If the answer is yes, then it will be a rule and there will be no exceptions.

1. **DO RIGHT!** You know the difference between right and wrong. Do what is right and avoid what is wrong.
2. Treat others, as you would have them treat you.
3. At all times, **YOU** will be held accountable for your actions.
4. Do your best!
5. You must have completed all CDH forms before you tryout. You must have a Physical on file and the correct papers turned in to the office to be eligible to tryout and practice. (A physical is good for three years). Take time to properly fill out all forms, as you will cause more work for everyone if you incorrectly fill them out.
6. Remember you are representing the CDH Dance Team at all times. It is important to think about how your actions will affect your teammates and the reputation of the Dance Team. Use sound decisions at all times. Please act polite and respectful.
7.     A) Dancers may not have more than 3 excused absences. In order for an absence to be excused the dancer must notify their coach in writing by turning in the attached absentee form, the form must have their parent's signature to be valid, if absence is due to illness, the dancer is to notify their coach by phone prior to the missed practice, the dancer must then bring a parent signed absentee form regarding their illness to the next practice. Missed practices due to a serious illness, family emergency, or during school vacation (i.e. Thanksgiving break and Christmas break) will not be counted toward the total of three excused absences.  
       B) If a dancer is absent the practice before a competition she will not be able to compete at that competition.  
       C) Tardies will not be tolerated; practice begins promptly at the time stated. Any dancer that arrives late, or is not ready to dance (i.e. walking in the door, does not have dance clothes on etc) at the time practice begins will be marked as tardy. Dancers are also expected to arrive at CDH on time the day of a competition; if she is late she will be marked as tardy. Every three tardies will count as one absence.  
       D) If a dancer has more than three excused absences, she will no longer be able to perform with the dance team.

E) If you miss practice, you must, make up the material you missed BEFORE the next practice. Meet or contact a captain or choreographer for help.

8. **What We Expect From You**

- To get an education.
- Pass every class.
- To dance 100% at all times.
- To respect your teammates.
- Practice to the best of your ability.
- To be totally honest in all of your dealings.
- To be extremely loyal to your school, administration, teammates, coaches, families, and friends.
- To work to the maximum of your potential at all times, practice and performances. This includes conditioning.
- To be prompt for all meetings and practices.
- Never take an opportunity to criticize, unless constructive and never pass up one to praise.
- To be part of something great.
- To be a winner.

9. **What You Can Expect From Your Coaches**

- To be loyal to you in all areas.
- To be totally honest.
- To provide the leadership and training necessary to achieve our goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible now and after you graduate.
- To treat you as a woman and to love and respect you.
- To make all decisions predicated on what is best for the team and then what is best for the individual.
- To help you mature and grow as a woman.
- To help you reach your goals.

10. **Qualifications of a Captain:**

- Shall be a veteran competition dancer.
- Shall serve as a leader for the group and maintain discipline within it.
- Shall be a positive role model for the team.
- Shall be a member of the Choreography Committee.

**Duties of Captains:**

- Shall assist in directing practices.
- Shall inform coaches of any information and keep the team running smoothly.
- Shall facilitate choreography sessions and teach dances to the team.
- Shall assist the Coaches in any other area as requested by the Coaches.

**Selection of Captains:**

- The team will vote for captains for each season, with the final decision being made by the Coaching staff.

11. **Choreography Committee:**

- 1/3 of the dance team can be choreographers, (usually 4-5 dancers).
- Shall be responsible for finding all music for our routines and having it professionally cut.
- Working with Coaches on formations, mapping out music and all dance moves.

- Must have all choreography approved by the Coaches.
- Will be responsible for teaching routines to the team.
- Will be responsible for helping team members with choreography.
- If choreographers do not meet deadlines and expectations, they can be taken off the committee at the discretion of the Coaches.

12. Jewelry and gum will not be allowed in practice.

13. All dancers are required to wear form fitting practice clothes. A color will be assigned for each practice and the dancer is expected to wear a top in that color. If the dancer does not have the appropriated colored practice clothing for that day she will be marked with a tardy for the day.

14 Each dancer is also required to bring the following items to each practice: hair binders and clips to pull their hair away from their face, jazz shoes, tennis shoes, and a water bottle. If a dancer is unprepared for practice she will receive a tardy for the day.

15. Work at being attentive at practice. Try very hard to be a good listener and quick learner. Practices should be silent, with the exceptions of the person teaching the routines. Save all questions for the end. Please do not interrupt the person leading for that day. Your question will probably be answered if you watch and listen closely. Anyone who is talking out of turn will be given a warning. On the second offense, the “talker” will have a consequence given to her by the coaches.

16. ATTITUDE is a major factor in whether or not we will “dance” you. Remember that being a member of the dance team is a privilege. I hope your attitude is positive and uplifting.

17. Jazz technique, splits and kicks will be checked each day. I recommend taking dance classes whenever you can to continue your training throughout the year.

18. We suggest a healthy diet. Remember you are an athlete and you require more calories than the average person does. Make up those calories in nutritious, high-energy foods... not junk! You are what you eat.

19. In order to have a fun year; we have to be fun people. The season is in your hands. We all have to work hard to contribute in the best way we can to this team. Always strive to improve your outlook and attitude. See the positive in all things. Work on coming to practice with a smile on your face. Bad moods should be left outside of practice, as your moods can sometimes be contagious.

20. PROBLEMS: If you have a problem, please come and talk to your coaches or captains. We are not mind readers. We need to know if there is something bothering you. Maybe we can be the listening ears you need.

21. **INDIVIDUAL GOALS:**

- Personal technique improvement is a constant goal. Build on your strengths and weaknesses.
- Splits flat to the ground on both sides.
- Kicks must be high and have great form.
- Work at keeping in tiptop physical condition.
- Know your routines well.
- Put in time outside of practice.

- Look for new moves and ideas to bring back to the team.
- Up your confidence level.
- Positive Mental Attitude – P.M.A.!!!
- Russian jumps and all other leaps are skills that need to be practiced at home.
- Fuettes and triple/ quad turns are a constant goal.
- Flexibility of your body and flexibility of your mind are two important ingredients in our dancers!

22. Drinking and alcohol: We follow the exact same policies as set by Cretin-Derham Hall High School. Being a member of the dance team is a privilege. Each day you have a choice as to how you are going to act and what you are going to do. Make sure you are making wise choices. They may effect your high school days as well as your life. Think before you act.

23. IMAGE: Dress with class at performances and competitions, you must be in full dress. Once you leave the locker room, you are “Performing” so to speak. Your actions are VERY IMPORTANT. Uniforms are zipped and on. Your hair must be done in the specified fashion. Dancers should not be seen out and about before “performing or competition time”. We leave the locker room as a team.

24. TEAM ATTIRE: For performances, competitions, traveling on the bus, or any other event where we represent the Cretin- Derham Hall Dance Team, the dancers need to wear their team attire- CDHDT Warm-ups, t-shirt (sweatshirt if necessary) and CDHDT Uniform bag. Reminder, bring all CDHDT team attire with you so that you never forget an item. We purchase these items to look and act professionally as a team.

25. BOYFRIENDS: They have absolutely no place at practice, before performances/ competitions, etc. Make it clear to them ahead of time.

26. TRAVEL (*Competition season only*): We will be taking many road trips during competition season. When we travel as a group, it is important that you are on time. It is required that dancers ride both ways with our team. Practices are hectic and our bus time serves as our time to “bond” as a team. The only exception is when you are staying in a city we perform in. Coaches must have a note 1-2 practices before departure. During winter months, it is important to keep warm on the bus. Bring a blanket, pillow, etc. for comfort. Everyone must help keep the bus clean.

27. PARENTS/ RIDES (*Competition season only*): It is important on return trips, that rides for the girls are prompt. After a full day with the girls, we would like to get home to our families. Coaches would appreciate promptness.

28. CONSEQUENCES: Any dance team member not following the above rules will have consequences to face and will be determined by the discretion of the Coaching Staff.

***“Ability is what you are capable of doing, Motivation determines what you do, Attitude determines how well you do it.”***

**Parent / Member / Coach Agreement (turn in before tryouts)**

Name: \_\_\_\_\_

I/We, the parent(s) of the above-named, have read the Dance Team Code of Conduct and understand all the requirements and consequences of improper actions. We understand the coach has final say in my/ our daughter's remaining on the team. We also realize this is a team effort and that we may be called upon to help in some ways throughout the season which are within capacity to help, and we will make every effort to do our share of assisting on behalf of our daughter.

Signed \_\_\_\_\_ Date \_\_\_\_\_

As a member of the Cretin-Derham Hall Dance Team, I have fully read the Code of Conduct and understand what is expected of me and to remain a member in good standing. I will keep myself knowledgeable and informed of all rules and realize the consequences of poor behavior or inappropriate actions may be severe. I will do all that I can to uphold the honor and integrity of the Cretin-Derham Hall Dance Team, respect my team members, coach and my school at all times.

Signed \_\_\_\_\_ Date \_\_\_\_\_

As Coach of the Dance Team, I pledge to treat all members as fairly as possible, to keep parents informed of problems before they become serious, to be reasonable in practice expectations, and to always keep in mind that academics and family need to be highly considered within my framework of my expectations.

Signed \_\_\_\_\_ Date \_\_\_\_\_

